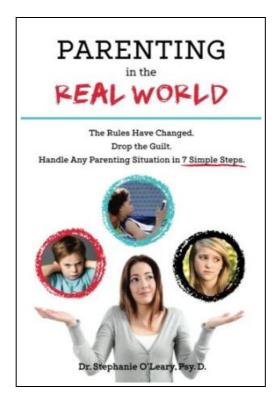
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Stephanie Oleary, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to make effective parenting choices and feel confident that you re doing the right thing for your child? Whether you have toddlers or teens, Parenting in the Real World is the interactive book that will get you there. Dr. Stephanie O Leary s no-nonsense style is honest and laugh-out-loud funny. The judgmental-free tools she shares are practical and easy to use with kids of all ages. These go-to strategies will empower you in any situation and make room for a deeper connection that will last well beyond the drama of today. In seven simple steps, you Il learn to: * Really listen to your kids so they start listening to you. * Let your child know you understand (even when you have no clue!) * Pump up the volume on respect. * Set limits, say no like you mean it, and stop worrying about push-back. * Own your mistakes (because we all make them) so your child starts taking responsibility. * Find joy and begin to like your child as much as you love him or her. * Practice guilt-free self-care so you can take really good care of your child.

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